

## Review Article

# Urticaria and Magical Effect of Homoeopathy

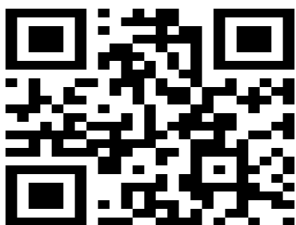
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### ABSTRACT

Urticaria is the presence of transient, recurrent; pruritic wheals (i.e., raised erythematous areas of oedema). ‘Nettle rash’ and ‘wheals’ are popular names for urticaria. The rash can vary in shape and size. Urticarial Rashes are itchy with oedema. As urticaria is chronic disease, seen as hypersensitivity at the level of skin. Urticaria is very common disease and it can affect anyone. This can be done with on basis of the similar principle. Homeopathic treatment cures you of the symptoms but also treats urticaria by its root level, homoeopathy corrects the disturbance in the immunity system.

**Keywords:** Urticaria, Homoeopathy, management



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## INTRODUCTION

As urticaria is chronic disease, seen as hypersensitivity at the level of skin.

Urticaria is very common disease and it Can affect anyone. Urticaria, look like raised, well-circumscribed areas of erythema mean redness and edema means swelling involving the dermis and epidermis that are very pruritic (itchy).

It may be acute less than 6 weeks or chronic more than 6 weeks. Urticaria is similar to variety of other dermatologic diseases that are similar in appearance and are also pruritic. Chronic spontaneous urticaria known as chronic idiopathic urticaria is severe and distressing skin condition that remain uncontrolled.

### Definition

Urticaria is the presence of transient, recurrent, pruritic wheals (i.e., raised erythematous areas of edema). ‘Nettle rash’ and ‘hives’ are popular Names for this disorder. The rash can vary in shape and size. It can be very itchy and usually goes away within 24 hours.

## Causes

Urticaria (chronic, acute, or both) affects 15-25% of the population at some time in their lives.

The incidence of acute urticaria is higher in people with atopy and the condition occurs most commonly in children and young adults.

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## Urticaria types

Acute (lasting less than 6 weeks)  
Allergic (food, medication, insect, contact)  
Infectious (viral, bacterial, parasitic)  
c. Idiopathic (no cause identified: many cases are likely viral in origin) Chronic (lasting more than 6 weeks)  
Spontaneous: 90%  
Auto-immune 40%  
Idiopathic (of unknown cause) 50%  
Inducible: 10%  
Physical urticaria dermatographism  
from cold, from heat  
g. from the sun  
h. from delayed pressure  
i. vibratory  
aquagenic

## Signs and symptoms

Itching and rash Important Sign and Symptoms.

In case of acute urticaria Lesions commonly last 20 minutes to 3 hours, disappear, and then reappear. An entire episode of urticaria often lasts 24-48 hours; individual lesions usually fade within 24 hours or so, but new lesions may be developing continuously. Rarely, acute urticaria can last 3-6 weeks. Scars do not develop.

In Chronic urticaria, lesions last for More Than 48 hours. The lesions of urticarial vasculitis, are palpable and purpuric lead to residual hyperpigmented changes.

**Eruptions:** Raised, irregular and round-shaped, pale pinkish to red-colored hives is the prominent symptom of urticaria. Sometimes, hives present with local warmth and intense burning sensation.

**Itching:** The most troublesome symptom for majority of the patients is intense uncontrollable itching sensation which makes the patient restless and impatient. At times, the eruptions as well as itching may lead to a disturbance at work, daily routine activity, and can cause sleeplessness.

The size of eruptions varies from a few millimeters to several centimeters, and they can coalesce to form giant urticaria.

Hives may last from a few seconds to 24 hours or might be more and may reoccur

intermittently on various sites on the body.

**Dermatographism:** When you pressed with an object or fingernail, the skin shows raised eruptions of urticaria, which may remain on the skin for several time. Drawing a line on skin and writing a word on the skin leading to urticaria is called dermatographism.

**Angioedema:** Angioedema is the reaction similar to hives that affects deep layers of the skin. It most commonly appears around eyes, cheeks or lips, mouth, feet, hands, or genitals, etc. Sometimes angioedema may affect the throat, windpipe, or lungs and cause breathing difficulty. Angioedema may become a life-threatening in some cases and needs immediate medical attention.

**Urticaria pigmentosa:** Urticaria pigmentosa is a form of urticaria called Mastrocytosis, in which you find brownish, intense itching patches on the skin. On rubbing that spot, one gets hives or urticarial rash.

## Supportive treatment for urticaria (diet, lifestyle, & exercise):

Here are some easy and helpful tips to follow while managing Urticaria.

### Follow a proper diet

Following a specific diet helps significantly in the treatment of urticaria.

Include in your diet foods which are rich in vitamin B, vitamin E, gluten-free food items, etc.

Avoid eating peanuts, peanut butter, seafood, tomatoes, chocolate in any form, corn, eggs, alcohol, fermented food, and red meat. Identify the food allergen which causes urticaria and avoid food which may trigger urticaria in you.

### Skincare tips:

Avoid scratching eruption.

Soothe your skin with cool compresses during an acute episode.

Mild Moisturize your skin regularly.

Use mild pH soaps and cosmetics.

Avoid using hot water for a bath.

Keep stress away which cause or trigger urticaria. Practice relaxation exercise yoga, meditation, and breathing exercises, as they are main stress-relieving methods in chronic urticaria.

Wear loose and cotton clothes.

Avoid triggers: figure out allergens that possibly trigger your urticaria and more likely try to avoid them. Maintain a diary of your urticaria rashes outbreak. Note down what you had been doing and eating before hives appear on your skin. In this way, you may be able to find out triggers. If you know triggering factor, it will be easier to avoid them.

Avoid exposure such as extremes of heat or cold.

Avoid vigorous physical exercise which trigger urticaria

**Homeopathic remedies for urticaria are-**

**Drugs for urticaria**

**Apis Mellifica-** Stinging and Itching as if from bee stings<night.

The urticaria may consist of isolated elevation, which is quite painful and tender to touch. These later become purple or livid.

These are slight fever and heat of skin accompanying urticaria with Burning pain.

The urticaria sometimes accompanies asthmatic Trouble. Change of weather, warmth and exercise cause troublesome itching and burning urticaria. Generalized anasarca as A strong concomitant to urticaria. > Open air, uncovering, cold bathing

**Antimonium Crudum-** Dirty, unhealthy skin. Urticaria with White lump with red areola which itch. The itching is not Continuous, but seem to come and go. Marked aggravation after Ingestion of meat and when in bed. Itched marked. Associated with Gastric disorders which characterized by thick white coated Tongue. Suspicious inset stings. If the swelling changes color and red streaks from wound map out the course of lymphatics.

**Apium Graveolens-** Stomach pain and Shivering before the Outbreak of urticaria. Urticaria with Stinging itch, rapidly changing Location.

**Arsenicum Album-** Urticaria with Burring and Restlessness.

<eating shell fish, < at seashore, < sea

bathing. Skin is dry and Scaly; cold, blue and wrinkled; with cold, clammy perspiration; like Parchments.

**Belladonna-** Violent sudden outbreak of red, hot, painful urticaria, Location-inner aspects of Limbs, face. Urticaria Associated with metrorrhagia.

**Bovista Lycoperdon-**Urticaria cause by tar. Itching is worse on Getting warm. Urticaria disposition to diarrhea.

**Copaiva Officinalis-** Hives with fever and constipation. Severe Headache with urticaria.

**Dulcamara-** Hives comes at night. Urticaria with Violent Cough And edema of Glands. Feverish Urticaria.

**Medusa-** Face, arms, Shoulder and breast. Edema-Face, eye, nose and lips. Burning, Pricking, Itching Sensation Associated with urticaria.

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